



SERENE

## Eco-friendly list

In general, we are used to using a lot of products that we, in fact, not really need. Before using any product, ask yourself: "Do I really need this?" Nature and your mind will thank you for simplifying your life gently.

PRODUCT	ECO-FRIENDLY ALTERNATIVE
Beauty products	Naturalself.eu
Shampoo & soap	Natural unpackaged blocks of soap and shampoo to find in your local nature shop.
Deodorant	Natural unpackaged block of deodorant to find in your local nature shop.
Tampons & hygienic pads	Menstrual cup
Cotton cleaning pads	lastobject.com
Ear swabs	lastobject.com
Handkerchiefs/tissues	lastobject.com
Sunscreen	Naturalself.eu
Gift wrapping	Look what you have in and around your house that you can reuse, like a glass bowl, an old scarf, a newspaper, leaves, flowers...
Toothbrush	serene.eco or any store selling bamboo brushes
Toothpaste	Check your local eco-store for an eco-friendly tooth paste. Know that by using the bamboo toothbrushes from serene.eco you do not need toothpaste anymore since the bristles are soaked with charcoal, which is a natural cleaner and whitener.

\* this list is made from personal experience and only contains suggestions for eco-friendly alternatives. SERENE is in no way responsible or liable for the authenticity of the third party-products, nor is any suggestion given for commercial purposes.

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Toilet paper	Use those of recycled paper or bamboo paper. Or you can use water, soap and a washable tissue.  thegoodroll.com
Cleaning products	goodgreencleaner.com
Take-away containers or cutlery	Choose reusable ones you can travel with too
Clothes & shoes	Choose second-hand or an eco-friendly brand. Be aware though: OVERconsuming is still heavy on nature.
Drinks & food	The more you make yourself or buy locally made and simplify your cooking, the less waste you will have.
Mail <a href="mailto:letusknow@serene.eco">letusknow@serene.eco</a> if you have more so we can continue to add to this list.	

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